

Pennine GP Learning Group

Minutes of meeting

Date: Tuesday 16th July 2019

Time: 7.30 – 9.30pm (2 hours)

Topics: Working in Qatar by Dr Lubna Saghir

Review of “Cardiovascular Pathways in Primary Care” by Dr Farrukh Javid

Members present: Shazia Ahmed, Ibrar Ali, Aisha Bhatti, Kirti Chaudhari, Rukhsana Hussain, Farrukh Javid, Ali Malik, Don Munyaneza, Nazif Perwez, Lubna Saghir, Mark Wilshere

1. Dr Saghir shared her experience of working abroad in Qatar over the last year. There was time for Q&As and a broad range of issues were discussed including the application process, remuneration, culture and work/life balance.
2. Dr Javid reviewed the **Cardiovascular Pathways in Primary Care** presentation by Matt Fay (Westcliffe Medical Practice, GPwSI Cardiology, Bradford) that had been shared on the WhatsApp group.

The hypertension pathway was slightly different to current NICE guidance and so it was a good opportunity to discuss the differences with peers. Some of the differences included using ARBs instead of ACE-Inhibitors due to the lesser incidence of side effects and use of Lercanidipine instead of higher doses of Amlodipine. We wondered whether some of the choices were cost related but the presentation did not contain that information.

There was also discussion around statin prescribing – there was guidance recommending higher doses of statin for primary prevention. Dr Javid signposted the group to the website <http://www.thennt.com/> which outlines the benefits and harms of specific therapies. The references to the evidence base are included.

Action Plan

1. Dr Hussain will upload the minutes to the website.
2. Next meeting is booked for Wednesday 11th September 2019.